

### **INTRODUCING... MILEAGE CLUB!! *A new fitness program***

Members will receive Toe Tokens for each mile they walk. Ten Toe Tokens can be redeemed for Sneaker Awards, or Walker Awards. Milestones will be awarded with separate tokens showing the number of miles walked. See how many you can collect! Get fit the fun way!! Check out the pictures on our website, and on our Facebook Page! At this time, this program is for the more independent exerciser. Members should be able to walk moderately supervised on uneven ground. If you are interested in volunteering to walk with an individual who needs more personal supervision, please contact Linnette at 785-309-5765



**Award Toe Token**

